

PLANT-BASED RECIPES · Nº 08

Pistachio muffins

08

#vegan #sweet #party-friendly

OVEN 190 → 170 °C

BAKE 20 MIN

MAKES 9

Keep frosted muffins in the fridge and take them out 30 min before serving.

INGREDIENTS

MUFFINS

- [ ] Raw pistachios (120 g)
- [ ] Sugar (200 g)
- [ ] Flour, sifted (240 g)
- [ ] Baking powder (1 tbsp)
- [ ] Baking soda, salt (½ tsp each)
- [ ] Soy milk (240 ml)
- [ ] Lemon juice (1 tbsp)
- [ ] Olive oil (120 ml)
- [ ] Vegan Greek yogurt (80 g)
- [ ] Vanilla extract (1 tbsp)
- [ ] Almond extract (1 tsp)

CRUMBLE

- [ ] Chopped pistachios (40 g)
- [ ] Flour 3 tbsp, sugar 2 tbsp
- [ ] Vegan butter, melted (1 tbsp)

FROSTING

- [ ] Vegan butter, soft (100 g)
- [ ] Vegan cream cheese (150 g)
- [ ] Icing sugar, sifted (120 g)
- [ ] Vanilla pod (½)

Before you start: *Take the vegan butter out of the fridge 1 hour before. Keep the cream cheese cold.*

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FRONT

✂ CUT & KEEP

STEPS

1. **Make vegan buttermilk.** Stir the lemon juice into the soy milk and leave it for 5 minutes to curdle.
2. **Heat the oven.** Preheat to 190 °C (fan) and line a muffin tin with 9 cases.
3. **Grind the pistachios.** Blitz the 120 g of pistachios with the sugar in a food processor until fine and sandy.
4. **Mix dry and wet.** Whisk the pistachio sugar with the flour, baking powder, baking soda and salt. In another bowl, whisk the buttermilk, oil, yogurt and extracts.
5. **Fold gently.** Fold the wet mix into the dry in two goes, just until no flour is visible. Lumps are fine.
6. **Top and bake.** Fill the cases to the top. Rub the crumble ingredients together with your fingertips and sprinkle over. Bake 5 minutes, then lower to 170 °C for 15 more.
7. **Cool completely.** Leave 5 minutes in the tin, then move to a rack until fully cold.
8. **Whip the frosting.** Beat the soft butter for 5 minutes until fluffy. Beat in the cold cream cheese in 3–4 additions, then the icing sugar a spoonful at a time and the vanilla seeds.
9. **Frost.** Pipe a swirl onto each cold muffin.



MY NOTES

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